

DCR Universal Access Program

Essential Eligibility Criteria for Program Participants

General Criteria

The following criteria apply to all participants at all programs.

Participant Expectations:

- Arrive at the program location early enough to be ready and on time for scheduled sessions.
- Come prepared for the weather and conditions of the day, including dressing for the elements and being able to provide own sun/rain protection and hydration/snacks.
- Be able to manage personal care such as dressing, toileting, eating and drinking independently or with the assistance of a companion (friend, PCA, family member) who accompanies individual and serves as caretaker.
- Be able to transfer on/off/in/out of equipment independently or with assistance (if over 180# must provide own transfer assistance).
- Be able to follow verbal and/or visual directions independently or with the assistance of a companion, caretaker or interpreter.
- Be able to alert program staff to your needs/discomforts independently or with the assistance of a companion, caretaker or interpreter.
- Be able and willing to wear protective equipment properly, such as helmets and personal flotation devices.
- Use equipment appropriate for personal weight without going beyond the weight capacity of program equipment.
- Be able to refrain from behaviors that pose a risk (such as aggression, inability to set boundaries, lack of safety awareness, drug/alcohol use or influence) to self or others, independently or with caretaker assistance.
- Be willing and able to respect the risk assessment and decisions of program leaders.

If attending as a parent/staff/guardian:

- Meet all of the General EEC listed above, in addition to those listed here.
- Be able to stay on site.
- Be able to provide a cell phone number for contact if leaving recreation area while remaining on site.
- Be able to participate in the activity to the extent of personal ability and skill.
- Be willing and able to assist in physical transfers of your family member/client to the degree of your ability.

If providing physical activity support:

- Meet all of the General EEC listed above, in addition to those listed here.
- Be able to come prepared to support 1:1 with child/client/charge as needed.
- Be able and willing to lift, pull, push, and perform work needed for the weight and distance/terrain involved.

Activity-Specific Criteria

Cycling

- Meet all of the General EEC listed above, in addition to those listed here.
- Be able and willing to follow basic rules of safe riding on a rail trail with street crossings.
- Be able and willing to respect the mechanical integrity of bikes.
- Be able and willing to avoid trail hazards, as guided if needed.
- Be willing to stay on the bike trail within the limits of park boundaries.
- Be able to tolerate moderate physical exertion.
- Be able and willing to respect your limitations with regards to how far you plan to go.
- Be able to return bike on time.

Hiking: Gentle outing

- Meet all of the General EEC listed above, in addition to those listed here.
- Be able to tolerate moderate physical exertion for up to one hour.
- Be able to traverse moderate terrain for up to one mile on designated trails (often accessible trails)—independently or with the use of approved adaptive equipment—at a slow to moderate pace.
- Be able and willing to stay with the group and travel at a designated pace (based on slower hikers).

Hiking: Rugged outing

- Meet all of the General EEC listed above, in addition to the Hiking: Gentle outing EEC listed above, and those listed here.
- Be able to traverse rugged terrain typical of standard hiking trails - with rocks, roots, grades, cross slopes, un-ramped bridges, etc.—independently or with the use of approved adaptive equipment—for up to 3 miles at a slow to moderate pace.

Paddling

- Meet all of the General EEC listed above, in addition to those listed here.
- Be able to breathe independently without the use of medical devices to sustain breathing.
- Be comfortable with being wet and the possibility of being in the water (in case of a capsized).
- Be able and willing to wear a properly fitted U.S. Coast Guard approved life jacket.

- Be able to maintain face up position while in the water wearing a properly fitted life jacket.
- Be able to maintain upright head position with or without head support device/technique while in boat.
- Be able to tolerate sitting in balanced position in a kayak or canoe with or without modification for up to 40 minutes (potentially longer if a river trip).
- Be able and willing to paddle with the group at a designated pace (based on slowest paddlers).

Site Specific Paddling: Lake Quinsigamond, Connecticut River, Quabbin Reservoir

- Meet all of the General EEC listed above, in addition to the Paddling EEC listed above, and those listed here.
- Be able to tolerate moderate wave action from passing motorboats.

Site Specific Paddling: Quabbin

- Meet all of the General EEC listed above, in addition to the Paddling EEC listed above, and those listed here.
- Be willing and able to refrain from bodily contact with Pottapaug Pond and the rest of the Quabbin water supply.

Ice Skating Indoors

- Meet all of the General EEC listed above, in addition to those listed here.
- Be able to tolerate cooler temperatures of 20-40 degrees F for 30 minutes.
- Be willing to use a properly fitted helmet.

Winter Outdoors

- Meet all of the General EEC listed above, in addition to those listed here.
- Come dressed appropriately for winter conditions and weather.
- Be able to tolerate temperatures as cold as "feels like" 10 degrees F for 30 minutes.

Winter Guided Group Excursions Outdoors: Gentle Outing

- Meet all of the General EEC listed above, in addition to the Winter Outdoors criteria listed above, and those listed here.
- Be able to tolerate moderate physical exertion for up to one hour.
- Be able to traverse moderate terrain for up to one mile on designated trails (often accessible)—independently or with the use of approved adaptive equipment—at a slow to moderate pace.
- Be able and willing to stay with the group and travel at a designated pace (based on slower hikers).

Winter Guided Group Excursions Outdoors: Rugged Outing

- Meet all of the General EEC listed above, in addition to the Guided Group Excursions Outdoors Gentle Outing EEC, and those listed here.
- Be able to traverse rugged terrain typical of standard hiking trails—with rocks, roots, grades, cross slopes, un-ramped bridges, etc.—independently or with the use of approved adaptive equipment—for up to 3 miles at a slow to moderate pace.

Independent Winter Outdoor Excursions (Use of Program Equipment)

- Meet all of the General EEC listed above, in addition to the Winter Outdoors EEC, and those listed here.
- Be able to demonstrate knowledge of trail system and basic map skills.
- Be able to communicate with program staff (cell phone / 2-way radio).
- Be able and willing to inform program staff of your planned route and estimated return.
- Be willing to stay within the limits of park boundaries.
- Be able and willing to respect the mechanical integrity of equipment.
- Be able to return equipment on time.